

E. F. Waldeston.

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MASSAGE  
WITH  
RATIONAL HOME GYMNASTICS

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# MASSAGE

WITH

## RATIONAL HOME GYMNASTICS

BY

E. T. OSBALDESTON

THE KIMBALL BUILDING

200 N. 10th St.

507 MASSAGE & RATIONAL GYMNASTICS

771 10th Ave. N. 10th & 10th St.

G. P. PUTNAM'S SONS, PRINTERS

27 & 29 West 23d St., N. Y.

1884

The following list comprises a number of original lectures in pamphlet form, written for circulation amongst Mr. E. T. OSBALDESTON's patrons :

THE STRUCTURE OF THE HUMAN BODY.

THE BLOOD AND ITS CIRCULATION.

THE NERVOUS SYSTEM.

FOOD AND ITS FORCES.

HOW AND WHY DO I BREATHE ?

THE EYE.

THE MIND.

WASHED, STARCHED, AND IRONED FOR A PENNY.

AT HOME AND ABROAD.

SHIPWRECKS.



## PREFATORY NOTE.

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THE very great success of the New York School of Massage and Swedish Movements—now the Kinesipath Bureau and School of Training for Massage and Rational Home Gymnastics,—and the extraordinarily large demand from all parts of the country for skilled masseurs and masseuses, have induced the Principal to give in this little pamphlet a more detailed account of its object and working than it has been his habit to give in his former circulars. Acting upon what he understands to be a very general wish, he gives the information usually desired by intelligent persons who are inquiring about the subject; reserving the more abstruse physiological discussion of it for another publication.

Mr. Osbaldeston possesses a very large number of letters and testimonials from physicians and others, who have observed or experienced the benefit of massage as administered by him, which he will gladly show to inquirers. He publishes a few of them in this pamphlet with some reluctance, due to what he has heard of the manner in which such letters are often procured, and the poor esteem in

which they are consequently liable to be held. But he courts for the mode of massage and rational gymnastics which he teaches and practises as a profession, the most careful scrutiny. He fears nothing from examination, and dreads only the prejudice which would condemn without examination, or would class him with the numerous quacks and impostors who have abused the name of massage by their false representations. He confidently believes that if he can obtain an examination of his methods from any unprejudiced mind, a conviction of his professional merits will be sure to follow.

## MASSAGE WITH RATIONAL HOME GYMNASTICS.

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It is a homely saying that "people like to be humbugged"; but the practical truth of the assertion is strongly exemplified in the almost uniform success of that class of imposters whose pretensions affect the health of their dupes. It would seem to be the duty of physicians to examine into the claims of such pretenders, and to distinguish between the spurious and the genuine; so that their patients may by their advice be protected from fraud, and may receive the benefit of what is really good. Yet, if the discrimination were intelligently made, we are not sure that the popular current would follow the right direction. Many persons would still continue to be attracted and misled by the confident assumption and exaggerated claims of mere charlatans, rather than by the more moderate and reasonable representations which are based upon science, experience, and truth. That

### The Plague of Quackery

should stain the fair reputation of the Art of Massage, is much to be regretted ; for it is doubtful whether a more valuable auxiliary agent to therapeutics and surgery has ever been placed at the command of the medical faculty, than is Massage when it is correctly administered by a competent person. Conspicuous among Massage quacks are those self-styled professors of the art, who would have their victims believe that it is a panacea for every sickness to which mankind is liable. The numerous so-called " movement-cure " establishments of Stockholm, Sweden, send out yearly into the world scores of men who do not maintain the high standard of principle of the original founder of this system of exercise (Peter Henry Ling, 1813), but advertise themselves as professors of " The Swedish Movement Cure and Massage," although they usually have only a very vague idea of what the latter is. That most of them are frauds is made evident by the extravagance of their claims, which really amount to this : that by their aid alone almost any one may restore and maintain his health, and be wholly independent of physicians ; that it is a perfect and superior substitute for medicine. It may perhaps surprise the reader of this to learn that there is not anywhere in Sweden a single school of training for *Massage*, though one would be apt to



infer from their advertisements that this art is carried to its highest perfection in Stockholm.

These men, though generally ignorant of scientific Massage, may often teach useful systems of exercise ; but there is another class of Massage quacks, very numerous, and still more dangerous, because they profess the art without having received the *least* qualification, even for Swedish Movements, by suitable education and training. They regard it as an easy way of making money, but they are so ignorant, that, at the best, they can do little real good, and they may do very serious injury to their patients. This class consists largely of ex-valets and ladies' maids, whose sole preparation is that they have witnessed the operation performed on their employers ; or of ex-pugilists, who have become too old or too cumbersome in size for their original profession ; or of both men ; or of male and female nurses who for some reason have failed in their calling. Many of these are put into the field by proprietors of nurse agencies, who claim a commission from those whom they recommend, and who also add to their own income by administering a kind of rubbing which they call Massage.

A still more disreputable class are the clairvoyants, women professors of Spiritualism, so-called animal magnetizers, etc., who combine extravagant professions with extreme ignorance, and often make it a cloak for the grossest immorality.

The injury done by these pretenders to the sincere professor of the art, who has been qualified for it by careful education and training, and who is modest and reasonable in his claims, is almost incalculable. Physicians and their patients are apt to doubt whether there is any real virtue in it, after a series of disappointments from incompetent operators ; and the general public connects the idea with utter humbug or that which is even more disreputable. Any attempt by honest and competent operators to expose these people is liable to be attributed to sordid motives, and to fail through such misconstruction ; and the humbugs themselves are quick to retaliate with slander. Yet the well-informed know that there is too much real good in the Art of Massage to allow it to be swept away by the trickery of charlatans.

Various expedients have been recently suggested by physicians for the protection of themselves and their patients from these impostors. One of the most approved of these is that of the establishment of a well-conducted training-school under the charge of some thoroughly tested and competent professor of the art, who shall be well known to the medical profession, and shall rely upon the commendation of physicians for an authoritative introduction to the public.

## **The Kinesipath Bureau and School of Training for Massage and Rational Home Gymnastics**

is intended to be such an institution. It is the object of this pamphlet to explain its purposes and scope and to give the proof of its genuineness. It was established under the name of the New York School of Massage and Swedish Movements on the 27th of February, 1880, by Mr. E. T. Osbaldeston, Professional Masseur, late Lecturer on Massage to the Nurse Training School, Charity Hospital, Blackwell's Island, N. Y., and formerly Masseur to His Royal Highness Prince Alfred of England, and afterward Surgeon of the ships Mikado and McGregor of the Australian Pacific Royal Mail Service, and of the ships Carnatic and Glenlora of the New Zealand Shipping Company. It is the first special training institution of the kind ever established in America. Mr. Osbaldeston was assisted in the establishing of the school by his daughter, and by Miss Alice Agnes Moore, an English Masseuse of large European experience, who is now his wife, and at the present time very ably performs her duties as Matron.

Mr. E. T. Osbaldeston is specially adapted by nature, early training, and long experience for his profession. His system of massage does not consist of rubbing or grotesque pinching; but is based

upon physiological principles, and must be studied before it can be properly practised. His knowledge of it is derived from association since his early childhood with those who practised the art (just as his own children are now becoming familiar with it), followed by systematic study of the methods pursued on the Continent of Europe, and in the Sandwich Islands, India, China, and Japan, and confirmed and developed by a practical experience of over twenty years in the profession.

During the existence of the school, for nearly five years, one hundred and eighty-one pupils have been admitted for training out of five hundred and thirty-nine applications, those rejected being deficient in the necessary qualifications for making good and successful operators. The former consisted largely of medical men, students of medicine, and trained nurses. Seven of them came from England and Ireland, two from Germany, and one from France. The rest came from the American Continent, from Montreal in the North to Lima in the South, but chiefly from New York City. Its patrons during the same period number over eight hundred persons, consisting of ladies, gentlemen, misses, and young children, and quite three hundred physicians. A voluminous quantity of written testimonials from many of these persons, in some instances accompanied by elaborate presents in the

form of money and works of art, bear undeniable testimony to the value and usefulness of the Institution and the talents of the Principal.

### **The Objects of this School are :**

1st.—To counteract, as far as possible, the ill effects produced upon the public minds by the Massage and Swedish Movement—"cure" charlatans already described ; whose incompetency has gone far to disgust the medical profession and to mislead others in regard to the real therapeutical advantages of the art.

2d.—To put into this field of auxiliary usefulness a class of systematically trained male and female operators of good moral character, and possessing all the *necessary* requisites of health, physique, disposition, and training, together with a modest demeanor.

3d.—To offer advantages to ladies and gentlemen desirous of acquiring some knowledge of the art themselves for use in their own families, *or of having their maids or valets taught.*

### **The Course of Instruction Consists of :**

1st.—A general course on the structure and functions of the human body, not too detailed or technical, but sufficient to give reasonable intelligence in the use of the art.

2d.—Progressive demonstrative lessons in the mechanical Art of Massage, including the soothing and toning Lomi-lomi method of the Sandwich Islands, muscle-beating as taught by Prof. Klemm of Riga, and the Parisian methods of tapotement or percussion.

3d.—The varied postures, and active, passive, and resistive exercises of the so-called Swedish Movements—in other words, Rational Home Gymnastics.

4th.—The administration (under medical advice only), at the patients' own homes, of portable Turkish, Russian, Sulphur, Calomel, Herbal, Bran, Turpentine, Aix-la-Chapelle, Electric, and other medical baths.

5th.—Pupils are also taught to avoid the faults of quacks, and not to assume toward the patient any position other than that for which they have been especially trained and for which they are engaged ; and particularly to avoid a meddlesome and mischievous display of presumptuous ignorance by talking about medical matters ; presuming to give advice, express opinions, or make comparisons with other cases, or to discuss the merits of the attending physician or his special school of practice. These things are to be avoided, not only because they are improper in themselves, but also because they tend to complicate the relations of the operator

and sometimes of the too credulous patient with the medical faculty, and may do injury to the patient, as the operator is not generally competent to express opinions in such matters.

A certificate of merit is given to successful pupils, signed by the Instructor and Medical Examiners.

The average time occupied in learning the mechanical part of Massage is from six weeks to two months. In this time a capable pupil can become an expert manipulator ; but to apply the art in a therapeutic manner, with reasonable confidence and skill, requires many months and even years of experience.

A one-hour lesson is given each day, except on Sundays, and on days in which the Instructor lectures at the hospitals.

After receiving the certificate, pupils are not dismissed entirely ; but are encouraged and expected to call at the institution occasionally for the purpose of refreshing their memories and learning any new points which may be presented.

A high standard of education is not necessary, as some might suppose ; as most of the work required to be done is of a strictly mechanical nature. Yet a knowledge of anatomy and physiology is always an advantage to a Masseur or Masseuse.

Applicants for admission to the school must be provided with suitable references as to character, etc., and must satisfy reasonably well

### **The Qualifications, Physical and Mental, of a Good Masseur.**

A good Masseur should be of medium height and size, weighing not over one hundred and fifty or one hundred and sixty pounds, possessing an hereditary healthy physique, a well-proportioned form, strong elastic muscles, great powers of endurance, a cheerful, sanguine temperament, large perceptive faculties, and a naturally kindly disposition, together with refinement and politeness of manner. He should, of course, be very clean and tidy in his habits, and should dress neatly.

Moreover, the Masseur should be a person free from low and debasing vices, ever conscious of the true dignity of manhood or womanhood, and of its requirements, and with sufficient force of character to act upon them. The stale odor of tobacco or of intoxicating drinks, and the manners derived from low associations, will surely not be recommendations to his patrons.

The candidate for a masseur's position should therefore *not be too large, clumsily fat, or unwieldy on the one hand ; or too thin, weak, or sickly on the other.* Such persons are not encouraged to learn. Nevertheless, they will sometimes do so, and afterward, perhaps, wonder why they do not meet with the same measure of success as others who are better fitted by nature for the vocation.



Referring to this subject, Dr. Douglas Graham, of Boston, quite an extensive writer upon massage, says :

" And yet all these qualifications of a masseur may fail if the operator has not in addition an abundance of time, patience, strength, and skill acquired by long and intelligent experience. Measured by these requirements, I fear that good masseurs are scarce."

And, quoting from Dr. E. C. Seguin, in the *Archives of Medicine* for April, 1881 :

" Even in New York there are few manipulators who can be trusted to do massage well. \* \* \* Those who have a natural tact, talent, and liking for massage, united with soft, elastic, and strong hands, and physical endurance to use them, may be, *after proper training*, as useful artists in this department of the healing art as in others. It has been well said that those who do massage should be tender and gentle, yet strong and enduring. \* \* \* It is a common mistake to suppose that those who are of a remarkably healthy, ruddy appearance, plethoric and fat, are the best fitted to do massage. Such people require a good deal of exercise in the open air for the proper oxygenation of their blood ; and confining in-door work, like massage, they soon find to be tedious and irksome. Besides, the stooping attitude and varying positions so often necessary

while doing this sort of work, soon put them out of breath ; and thus, while suffering from their ignorance and awkwardness, they fancy they are imparting 'magnetism' to their patients at their own expense. Better that the manipulators should be rather thin, though if of too spare a habit their hands will not be sufficiently strong and muscular, and their tissues generally will lack that firmness necessary for prolonged endurance."

An experienced Masseur will avoid as much as possible the term "cure" in connection with his practice, as by so doing he is liable to mislead the public as to the merits of Massage, which is to be regarded merely as an auxiliary agent to medical and surgical practice.

But the question is often asked :

### **"What is Massage ? and what are Swedish Movements?"**

We have already stated that the Swedish Movements merely constitute a system of rational home gymnastics. We will now try to explain the true meaning of the term "Massage."

*Massage is a system of passive manipulative exercise* applied without exertion, nervous exhaustion, or fatigue on the part of the patient. It is adapted to the strong man, to the feeble, invalid woman, and to the delicate child. It brings into action,

feebly or vigorously as may be desired, the entire muscular system and all the tissues connected with it, as well as the deep-seated vital organs, the liver, stomach, spleen, kidneys, bowels, etc. It promotes the healthful circulation of the blood throughout the whole system, and tends to relieve congestion by drawing the blood to other and distant parts. Its continued use builds up and strengthens the muscles, and promotes the healthful action of weak and torpid organs. It improves digestion, assimilation, and nutrition. It enlarges the chest, increases the breathing power, and strengthens and develops the lungs. It soothes, quiets, and regulates disordered nervous action, and establishes harmony between the nervous system and the various organs of the body.

*It tends to preserve health,* by giving needed exercise to those who are unable or unwilling to take sufficient active exercise.

*Brain-workers, and persons of sedentary lives,* such as physicians, clergymen, lawyers, teachers, merchants, bankers, brokers, and other professional and business men, often exhaust their nervous forces to such an extent, that they cannot take active exercise without still greater nervous exhaustion. To them, massage is invaluable.

*Its beneficial effects* are most remarkable in cases of paralysis, local or general weakness, torpor or de-

bility of special organs, dyspepsia, constipation, weakness peculiar to women, lateral curvature of the spine, and other deformities.

For ladies in delicate health Massage and Swedish Movements are, as auxiliary agents to other hygienic treatment, among the most effective means at our command. They expand the chest, throwing the anterior thoracic walls upward and outward, elevating the diaphragm, and so permitting the contents of the abdomen to resume their normal position. At the same time, they strengthen the abdominal muscles, enabling them to sustain the stomach, bowels, etc., in place. The uterus then being relieved from pressure above, gradually assumes its natural position as the parts regain tone and strength.

Weakly children, with narrow chests, flabby muscles, feeble vitality, or physically deformed, are rapidly and permanently improved.

### **Massage as a Luxury.**

Apart from its beneficial effects, Massage is by many persons very greatly enjoyed as a luxury. The soothing, pleasurable sensations experienced during its administration ; and the feeling of entire rest, the healthful glow, the suppleness of limb, and the keen appetite which follow it, often induce persons to take the treatment, even though there is no indi-

cation in their health of special need for it. To these, it is doubtless a means of preserving as long as possible unimpaired the health which they already enjoy.

Obesity is very effectually conquered by the use of Massage and the Rational Home Gymnastics, the reduction being at the rate of two inches per week in circumference of abdomen, without interference with the ordinary diets or general habits of the person.

### **Duration and Effects of Treatment.**

Very frequently a patient desires to know how long he will need treatment. The answer will depend very much on the nature of the complaint, and the judgment and skill of the operator. Some masseurs will produce a marked effect in an incredibly short space of time, while others will require a much longer period to produce the same result. No rule can be given ; we must in each case be guided by the operator's experience and judgment, and by the results obtained. In some cases, such as enervation resulting from malaria, extreme nervous and muscular prostration, emaciation, corpulency, dyspepsia, paralysis, rheumatism, gout, spinal diseases, incipient consumption, white swelling, cases of spavin or of a broken tendon, a daily treatment (or even oftener sometimes) may be needed for

six weeks, and then it may be gradually discontinued.

Dr. Weir Mitchell, of Philadelphia, a good authority on the use of massage as an auxiliary therapeutical agent, says :

"The daily massage is kept up through at least six weeks ; at the seventh week the treatment is used on alternate days and is then gradually laid aside."

The same author, writing of the benefits to be derived from massage, says :

"The secretions of the skin are stimulated by treatment of that tissue, and it is visibly flushed, as it ought to be, from time to time by ordinary active exercise. Under massage, the flabby muscles acquire a certain firmness, which at first only lasts a few minutes, but which, after a time, is more enduring, but ends by becoming permanent. The firm grasp of the masseur's hands stimulates the muscle ; and, if sudden, causes it to contract sensibly. The muscles are by these means exercised without the use of volition or the aid of the nervous centres, and at the same time the alternate grasp and relaxation of the manipulator's hands squeezes out the blood, and allows it to flow back anew, thus healthfully exciting the vessels and increasing mechanically the flow of blood to the tissues which it feeds. The visible results as regards the surface circulation

are sufficiently obvious, and most remarkably so in persons who, besides being anæmic and thin, have been long unused to exercise. After a few treatments the nails become pink, the veins show where before none were to be seen, the larger vessels grow fuller, and the whole tint of the skin changes for the better. In like manner, the sore places, which either existed before or are brought into sensitive prominence by the manipulation, by degrees cease to be felt, and a general sensation of comfort and ease follows the later treatments. Women who have a sensitive abdominal surface or ovarian tenderness, have, of course, to be handled with care; but in a few days a practical masseur will, by degrees, intrude upon the tender regions, and will end by kneading them with all desirable force. The same remarks apply to the spine when it is hurt by a touch: and it is very rare indeed to find persons whose irritable spots cannot at last be massaged and kneaded to their permanent profit."

Dr. Graham says on this subject: "What constitutes the dose of massage is to be determined by the force and frequency of the manipulation, and the length of time during which they are employed. A good manipulator will do more in fifteen minutes than a poor one will do in an hour, just as an old mechanic working deliberately than an inexperienced one working furiously."

COPIES OF LETTERS AND TESTIMONIALS  
INDORSING MR. E. T. OSBALDESTON'S  
QUALIFICATIONS AS  
A MASSEUR.

NEW YORK, *November 2, 1883.*

Having been personally acquainted with Mr. E. T. Osbaldeston for over three years and employed him and other members of his family in the capacity of Masseur to many of our patients, we can with pleasure recommend him to others *as the most skilful and conscientious operator we ever employed.*

Signed :

Dr. WHITMAN V. WHITE.  
Dr. CHARLES CARROLL LEE.  
Dr. JOHN CHARLES PETERS.  
Dr. J. T. KENNEDY.  
Dr. BACHE McEVERS EMMET.  
Dr. MARION S. BUTTLES.  
Dr. EDWARD BRADLEY.  
Dr. W. C. MCFARLAND.  
Dr. W. ELMER.  
Dr. A. H. GOELET.  
Dr. H. HOLBROOK CURTIS.  
Dr. ERASTUS E. MARCY.  
Dr. W. HANFORD WHITE.  
Dr. W. H. SCOTT.  
Dr. D. B. HUNT.  
Dr. H. M. HITCHCOCK.



On the same sheet as the above are appended the following :

Mr. E. T. Osbaldeston has Massaged a number of my patients and I believe has invariably given satisfaction. I regard him as a very skilful operator. (Signed) T. H. BURCHARD, M.D.

I can heartily endorse the above statement by Drs. Burchard and Lee.

(Signed) L. D. WOODBRIDGE, M.D.

I have employed Mr. E. T. Osbaldeston as Masseur with entire satisfaction.

(Signed) GASPAR GRISWOLD, M.D.

I can from experience with Mr. E. T. Osbaldeston heartily recommend his skill and superior intelligence in Massage.

(Signed) GEORGE D. BLEYTHING, M.D.

I can truly endorse the above statement of Dr. Bleything. (Signed) W. D. SCHUYLER, M. D.

I have employed Mr. E. T. Osbaldeston as a Masseur and have been entirely satisfied with his work. He is eminently competent.

WM. J. BANER, M.D.

I have employed Mr. E. T. Osbaldeston as a Masseur and with pleasure endorse Dr. Baner's sentiments. Dr. H. M. HITCHCOCK.

20 *Massage with Rational Home Gymnastics.*

I have employed Mr. E. T. Osbaldeston on various important occasions as a Masseur and know him to be thoroughly competent.

GEORGE E. BELCHER, M.D.

*November 23, 1883.*

This certifies that Mr. Osbaldeston has Massaged some of my patients with good result, and given satisfaction to those who have employed him. I believe him to be a well-informed and successful operator in Massage.

F. LE ROY SATTERLEE, M.D.,  
21 West 19th St.

I hereby endorse the opinions of my medical brethren as to Mr. E. T. Osbaldeston's qualifications as a Masseur, having employed him at the recommendation of other physicians on myself and several of my lady patients. I know him to be strictly conscientious in his work, and polite and gentlemanly in his manner.

(Signed) W. ELMER, M.D.

NEW YORK, *May 1, 1882.*

TO MR. E. T. OSBALDESTON.

Dear Sir:—Having with my son George been very successfully and pleasantly treated by your system of Massage and Swedish Movements I desire to signify my gratitude by supplementing my gift to

you with this written note of thanks. I and my son have both been frequently operated upon before by various manipulators, but in none have we found such skill and judgment as with you. I know you to have been patronized already by some of the most eminent physicians and best families in the city, and among my acquaintances hear your name mentioned with praise. This leads me to believe that a good field is opening for you in New York, and I sincerely hope you may continue to meet with success in your truly good and noble calling.

I am, very sincerely, your friend,

L. M. BATES.

Of the firm of

BATES, REED, COOLEY & Co.,

Dry Goods Merchants,

347 Broadway, N. Y.

NEW YORK, *July* 3, 1883.

TO E. T. OSBALDESTON, Esq.,

Professional Masseur.

Dear Sir :—It affords me great pleasure to certify that I have been greatly benefited by your treatment. It is my opinion that you very thoroughly understand your business. I shall certainly be pleased to introduce you to any of my friends, and

you are at liberty to refer to me, as it will be my pleasure to indorse you most thoroughly.

Very sincerely yours,

H. L. HORTON.

Of the firm of

H. L. HORTON & Co.,

Bankers and Brokers,

56 Broadway, N. Y.

PRIVATE SCHOOL FOR BOYS,

26 West 43d Street,

NEW YORK, *July 8, 1884.*

Having to do an amount of teaching during the session of my school that keeps me very closely confined both by night and by day, and finding it difficult both from lack of time and sometimes from very weariness to take sufficient exercise, I got Mr. E. T. Osbaldeston to give me his Massage treatments at times when I felt the strain most severely. The result was, to my mind, very remarkable. When so fatigued that I felt averse to walking a few blocks, a single treatment of less than an hour, in itself very enjoyable, would thoroughly refresh me and give me a sense of bodily comfort and enjoyment such as I would not have thought it possible to attain in so brief a time. A course of treatment extending over eight or ten days very permanently benefited me, and enabled me to accomplish much more than I could otherwise have

done. I believe that Mr. Osbaldeston is a master in his profession, and think it only his due that I should say so.

WALLER HOLLADAY.

BELLEVUE AVENUE, Opposite Touro Park.

NEWPORT, R. I., *August 10, 1882.*

To Mr. E. T. OSBALDESTON,  
Massage Professor.

Dear Sir :—I have your note with directions for movements, for which you will please accept my thanks. I wish to say that I am thoroughly satisfied with the treatment my leg has received from you. You are certainly a thorough master of Massage.

I shall always be most happy to be of any use to you that I can in the way of recommendations.

Very truly yours,

GEO. GRISWOLD, Jr.

Nephew of Mr. John N. A. Griswold,  
250 Madison Avenue.

NEW YORK, *July 5, 1883.*

To E. T. OSBALDESTON, Esq.,  
Professional Massage Operator.

My Dear Sir :—I am happy to add my testimonial to your already long list of prominent people who have been, like myself, successfully treated by your very perfect system of Massage. I am now entirely

well from the affliction you found me with—viz., eczema, and you are at liberty to refer to me at all times.

Very truly,

C. M. RICHMOND,

Doctor of Dental Surgery,  
70 West 35th St.

67 WALL STREET, NEW YORK, *July 6, 1883.*

This is to certify that Professor E. T. Osbaldeston thoroughly understands Massage treatment in its various forms, and is a most skilful operator. He has treated me and the members of my household at different times during the past two years, always with beneficial results, and restored me from a long and violent attack of rheumatism, being in a perfectly helpless and most powerless condition. I take great pleasure in commending him to all who may require his services.

SAMUEL K. SCHWENK,

General U. S. Army.

EVERETT HOUSE, UNION SQUARE, N. Y.,

*April 3, 1884.*

TO E. T. OSBALDESTON,

Professional Masseur.

Dear Sir:—The great good you have done me in so short a time by your system of Massage and Swedish Movements inclines me to the belief that

you stand the foremost man of your practice, for I have formerly employed other so called Massage operators upon my foot, and their want of experience and knowledge of the art they pretend to did me much harm. I am astonished at the rapid results of your work and feel truly grateful and shall not fail to recommend you to others. With best wishes for your future success, I am,

Yours sincerely,

D. C. HOUSTON,

Col. U. S. A.

NEW YORK, *November 24*, 1883.

Having employed Mr. E. T. Osbaldeston, at the recommendation of Doctor T. H. Burchard, to Massage me, for upward of six months, I have great pleasure in bearing testimony to his judgment and skill, having derived the fullest benefit from such treatment,

W. J. SCHENCK,

233 Fifth Ave.

NEW YORK, *December 1*, 1882.

To whom it may concern :

It affords me much pleasure to state that I have received from Mr. E. T. Osbaldeston a series of Massage treatments, covering over a year, for a paralytic affliction, and have received great benefit from his method, which I consider superior to all

others, and should be pleased to testify in person to any one requiring such treatment.

Very sincerely, etc.,

JOHN F. CARR,

543 West 23 Street.

NEW YORK, *Nov. 5, 1883.*

TO E. T. OSBALDESTON, Esq.

My Dear Sir:—It gives me great pleasure to testify to your great abilities as a Massage operator. My little boy while under your care was greatly improved, and I desire to thank you for your close and careful attention to his case.

You are at liberty to use my name as reference, or send any one to see me personally as to your Massage treatment.

Yours truly,

H. MEIGS, Jr.

NEW YORK, *July 25, 1881.*

Dear Doctor:—The bearer, Mr. Osbaldeston, is going to be a resident of your city, and is to practise Massage. He has had large experience in that line, and understands perfectly how it is done. If you can help him to any patients you will confer a great favor on

Yours truly,

DR. E. BRADLEY,

16 West 23d St.



I endorse Dr. Bradley's recommendation.

A. B. MOTT, M. D.

Mr. Osbaldeston has operated upon several patients of mine, and I can fully endorse the above.

J. T. KENNEDY, M. D.

NEW YORK, *July* 13, 1883.

Having known Mr. E. T. Osbaldeston for the past three years, and witnessed his success as Professor of Massage and Swedish Movements, I take pleasure in saying that his methods are the best I have ever seen. I can recommend him to any one needing instruction or the application of his profession.

J. T. KENNEDY, M.D.,  
107 East 29th St.

NEW YORK, *July* 5, 1883.

It affords me great pleasure to introduce Mr. Osbaldeston as a Massage operator. He has been very successful with cases I have sent to him for treatment. I think he is the best Masseur I ever knew.

WHITMAN V. WHITE, M.D.,  
1522 Park Avenue.





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